

YOUTH SPORTS



Youth Field Hockey

Field Hockey has quickly become one of the fastest-growing sports programs in the area. Grab your stick and sign up before it's too late. Special registration form required. Registration begins June 23 for City residents, and on June 30 for Non-City residents. The deadline to register is July 23, 2009. The age determination date is November 1, 2009.

Rookie	(7 to 9 yrs)	1310.107
Junior	(10 to 11yrs)	1320.107
Senior	(12 to 15yrs)	1330.107
17-Aug to 10-Oct		Dixon Park
\$25 City, \$50 Non-City Resident		
\$20 late fee after 7/23		
Registration Begins: 6/23 City 6/30 Non-City		
📄 Special registration form required.		

Fall Tot Field Hockey

(Ages: 5 to 6yrs) Join this program that will introduce your 5 and 6-year-old to Field Hockey and prepare them for our Field Hockey league. Register early to ensure your spot in this exciting program. The age determination date is November 1, 2009. City registration begins on June 23, non-city registration begins on June 30. The deadline to register is August 13. Special registration form is required.

1340.103 Sa, 12-Sep to 10-Oct 1:00 PM - 2:00 PM
Dixon Park
\$20 City, \$40 Non-City Resident
\$20 late fee after 8/13
Registration Begins: 6/23 City 6/30 Non-City
📄 Special registration form required.

Youth Soccer

Do you enjoy flexibility and options of practice and game days, or the convenience of playing at one location? Then join us on our Bermuda grass fields at the award-winning Dixon Park as we kick-off another fall soccer season. Registration begins on June 23 for City residents, and on June 30 for Non-City residents. The deadline to register is July 23. Join early and be a part of this great program. Age determination date is November 1, 2009.

Novice	(6 to 7yrs)	1630.106
Rookie	(8 to 9yrs)	1640.106
Junior	(10 to 11yrs)	1650.106
Senior	(12 to 15yrs)	1660.106
17-Aug to 10-Oct		Dixon Park
\$25 City, \$50 Non-City Resident		
\$20 late fee after 7/23		
Registration Begins: 6/23 City 6/30 Non-City		
📄 Special registration form required.		

Fall Tot Soccer

(Ages: 4 to 5yrs) Tot soccer for 4 & 5 year olds is one of our most popular programs. With an emphasis on fun and learning, your child is taught the basic and fundamental skills of soccer in an encouraging and relaxed environment. Space is limited, so don't wait for this wonderful program. The age determination date is November 1, 2009. City registration begins on June 23, non-city registration begins on June 30. The deadline to register is August 13.

1610.126 Sa, 12-Sep to 10-Oct 1:30-2:30 PM Session 1
1610.127 Sa, 12-Sep to 10-Oct 2:45-3:45 PM Session 2
1610.128 Sa, 12-Sep to 10-Oct 4:00-5:00 PM Session 3
Dixon Park
\$20 City, \$40 Non-City Resident
\$20 late fee after 8/13
Registration Begins: 6/23 City 6/30 Non-City
📄 Special registration form required.



Dixon Park

Photo by Ray Gunnell

Dixon Park This outdoor facility is 46 acres and features athletic fields, outdoor swimming pool, playground equipment, 1.5 miles of trails, restrooms, and nature preserve areas. Dixon Park is located on Rt. 2 & 17 across from Mayfield subdivision.

YOUTH SPORTS CONTINUED...

Youth Baseball

Do you have the next Ruth, Mays, Jeter or Clemons? Watch your children develop their talents through our exciting leagues. Each age division stresses skill development, sportsmanship, and friendly competition. City registration begins March 17, non-city on March 24. The registration deadline is April 16. The age determination date is August 1, 2009.

T-Ball	(6yrs)	1030.304
Coach Pitch	(7-8yrs)	1040.305
Rookie	(9-10yrs)	1050.306
Junior	(11-12yrs)	1060.305
Senior	(13-15yrs)	1070.305

18-May to 18-Jul

Various City Fields

\$25 City, \$50 Non-City Resident

Registration Begins: 3/17 City 3/24 Non-City

Deadline to Register: 4/16

📄 Special registration form required.

Youth Flag Football

A precursor to our Youth Football program, Flag Football introduces your child to the basics and fundamentals that they will need to take their game to the next level. The program is held in an instructional format, and players will scrimmage one another during the program. Registration begins June 23 for City Residents and June 30 for Non-City Residents. The deadline to register is August 13. The age determination date is November 1, 2009. Ages for this program are TBD. See special registration form for details.

12-Sep to 10-Oct 3:00 PM - 4:00 PM

\$32 City, \$62 Non-City Resident

Registration Begins: 6/23 City 6/30 Non-City

📄 Special registration form required.

Birth Certificate (proof of age) is required at the time of registration for youth sports and camps, unless one is already on file. A special registration form is required for each youth and tot sport. These forms are available in the Parks and Recreation office and on-line at www.fredericksburgva.gov



Tot Baseball

Tot Baseball for 4 & 5 year old players is designed to introduce basic baseball skills in a fun and non-competitive environment. Don't miss this chance to teach your child America's favorite pastime. Age determination will be August 1, 2009. *City registration begins on March 17, Non-city on March 24. The registration deadline is May 21 or until the program fills. Special registration form is required. No Age Waivers or Medical Excuses will be honored in the Tot 4 program.

4 Year Olds 1010.410 10:00 AM or later

5 Year Olds 1010.411 11:15 AM or later

Sa, 6-Jun to 4-Jul

Walker Grant Baseball Field

\$20 City, \$40 Non-City Resident

Registration Begins: 3/17 City 3/24 Non-City

Deadline to Register: 5/21

📄 Special registration form required.

Youth Football

Join us for another exciting season of big plays and action with the Colts when we take on teams from Colonial Beach, Caroline County, Westmoreland County, and others from around the Rappahannock River. Space will be limited this season, and only one team for each age group. Registration begins June 9 for City Residents and June 16 for Non-City Residents. The deadline to register is July 9. The age determination date is September 1, 2009. There is a weight limit, and age groups are TBD. See special registration form available in June for details.

3-Aug to 21-Nov 5:30 PM - 7:30 PM

\$32 City, \$62 Non-City Resident

Registration Begins: 6/9 City 6/16 Non-City

📄 Special registration form required.

FOR ALL SPORTS LEAGUES:

Department Policy States that special requests for team placements cannot be honored. This includes requests for carpooling, assignment with friends or particular coaches, etc.

YOUTH SPORTS CONTINUED...

Isshinryu Karate

(Ages: 8 to Adult) A super program for adults and children alike to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. Parents, you can take it with your kids — you'll both have fun!

Evening Karate

2530.305 M W, 6-Apr to 13-May 5:30 PM - 6:30 PM

2530.307 M W, 1-Jun to 8-Jul 5:30 PM - 6:30 PM

2530.402 M W, 13-Jul to 19-Aug 5:30 PM - 6:30 PM

Saturday Karate

2530.313 Sa, 18-Apr to 30-May 10:00 AM - 12:00 PM

2530.416 Sa, 6-Jun to 11-Jul 10:00 AM - 12:00 PM

2530.417 Sa, 25-Jul to 29-Aug 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike
\$35 City, \$45 Non-City Resident
Registration Begins: 4/14 City 4/21 Non-City
Registration has already begun for April Classes.

Junior Karate

(Ages: 5 to 7yrs) Our Junior Karate class is a great introduction into the world of martial arts for your child age 5-7. It's also an excellent way to develop self-confidence, balance, coordination, and discipline. Register early, class size is limited.

2520.309 M W, 1-Jun to 8-Jul 4:30 PM - 5:15 PM

2520.404 M W, 13-Jul to 19-Aug 4:30 PM - 5:15 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 4/14 City 4/21 Non-City

2009 Rappahannock Regional Soap Box Derby

Race Date: Saturday, June 13, 2009

Early Racer Registration deadline: April 22nd

(540) 372-1086

Visit www.fredericksburgva.gov

YOUTH SPORTS CALENDAR

SPORT	REGISTRATION	SEASON	EXTENDED SEASON
Baseball	3/17 – 4/16/09	5/18 – 7/19/09	7/20 – 8/1/09
Tot Baseball	3/17 – 5/21/09	6/13 – 7/11/09	7/18 – 7/25/09
Youth Football	6/9 – 7/9/09	8/3 – 11/7/09	11/9 – 11/21/09
Youth Flag Football	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Fall Soccer	6/23 – 7/23/09	8/17 – 10/10/09	10/11 – 10/24/09
Fall Tot Soccer	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Fall Field Hockey	6/23 – 7/23/09	8/17 – 10/10/09	10/11 – 10/24/09
Fall Tot Field Hockey	6/23 – 8/13/09	9/12 – 10/10/09	10/17 – 10/24/09
Basketball 2010	10/27 – 11/26/09	1/4/10 – 3/6/10	3/7/10 – 3/21/10
Tot Basketball 2010	10/27 – 12/17/09	1/9/10 – 2/6/10	2/13/10 – 2/20/10

LOOKING FOR A SPORTS CAMP?

SEE CAMP INFO STARTING ON PAGE 26

* All dates subject to change.

A BIG YOUTH SPORTS THANK YOU TO...



'09 Basketball Coaches

Alfonso Stephanie	Jim Nance
Anthony Rock	Joel Doyle
Ben Allen	Ken Irby
Bern Mahon	Luis Cordero
Brad Barden	Marie Hawley
Brian McDermott	Mavis Allen
Brittney Mitchell	Mike Holmes
Britton Allen	Nancy Allen
Chris Stoots	Pokey Jackson
Chris Tabor	Ray Washington
Cliff Allen	Richard Christopher
Damian Cobey	Richmond McDaniel
Daniel Hines	Robert Gee
Doug Stewart	Roger Chase
Garry Johns	Romel Turner
Gary Boxley	Ruth Grosskopf
Greg Kinnard	Scott Gates
Gregg Yurchak	Sherri Washington
Guy Swain	Simone Ferguson
Hunter Janney	Steve Schattgen
Jeff Bain	Troy Altizer
Jeff Davis	Troy Turner
Jeremy Williams	



'09 Spring Soccer Coaches

Eric Stohr	Leslie Leahy
Eva Parrish	Liz Sposato
George Foster	Locksley McKenzie
George Snead	Mark Hebertson
Gerry Madigan	Mark Pearson
Greg Kasper	Matt Denson
Gregg Yurchak	Mike Lott
Guy Miller-Richards	Mike Ward
James Diaz	Mike Wellman
James Rasure	Newell Jones
Janet Douglass	Nicole Proffitt
Jasen Johnson	Paul Gustavson
Jeremy Collier	Phil Fitzhugh
Jeremy Williams	Robin Castles
Joe Janney	Ron Downing
Joe Merenda	Sean Ward
Joe Nicotera	Steve Schattgen
John Denes	Thomas Miller
Keith Workman	Tim Bahre
Kevin Halpin	Vito DelGrosso
Kim Garman	Will Jones
	Wilson Greenlaw

'09 Basketball Sponsors

Allen, Allen, Allen & Allen
 AmeriGas
 Buzinets, Inc.
 Dr. Coker, Orthodontics
 EDAC Systems, Inc.
 Goolricks Pharmacy
 Hilldrup Properties
 L&J Copier Clinic
 Lifetouch Photography
 Lifetouch Photography
 Michael's Towing
 MonaVie
 Plumbing Patrol
 Q'doba Mexican Grill
 Stewarts & Hilldrup Properties
 Union Bank and Trust
 WHITEROCK TAX SERVICES

**THANK
YOU!
THANK
YOU!**



'09 Spring Field Hockey Coaches

Abby Avery	Jake Dziekowicz	Mike Pinette
Alex Clark	Jeff Cunningham	Missy Gaillot
Angela Harding	Jennifer Gill	Pam Black
Ashley Lam	Jennifer Kelly	Regina Baker
Brian Baker	Jenny McFadden	Rick Frank
Brian Hellman	Jimmy Lam	Tammy Jones
Bruce Morris	Joel Doyle	Tom Sherman
Chelsea Morris	Joey Mastin	Tory Willis
Chelsea Schuster	Juli Rasure	Willa Hubert
Courtney Rampey	Katherine Coig	
Danielle Winkler	Kelly Hicks	
Dave Farmer	Kelly Sands	
David Warner	Kelly White	
Dave Wolfe	Lana King	
Dawn Shelly	Laura Schwartz	
Donna Liberman	Lisa Hatcher	
Ed Simila	Marie Cunningham	
Gaither Thompson	Margaret Scranton	
Guy Miller-Richards	Mary Smith	
Hailey Killian		

**THANK
YOU!**

COACHES! TEAM SPONSORS! WE NEED YOU!

Call Ray Gunnell at (540) 372-1086 ext. 207 for more information on
 how to coach or sponsor a team today!

You don't need experience to coach,
 just a love of children and some basics of the game. We can provide the rest! We will give you drills,
 strategies and other coaching information, we just need your time.